

Forum: [Hack Forums](#)

Thread: [Crypto Investors](#)

Noble - April 27, 2026, 12:35 am

To those with investments in Crypto, mainly BTC, how often do you monitor your investments?

keimberlie - April 27, 2026, 12:41 am

Weekly

Edmond Dantes - April 27, 2026, 4:52 am

I'm the type of person to monitor them every hour lol

Cooligan - April 27, 2026, 5:15 am

You should be monitoring your investments on a daily basis, if not throughout the day depending on how much money you're talking about investing.

jcole - April 27, 2026, 5:38 am

(Apr 27, 2026 12:35 AM)Noble Wrote: [\[CITE\]](#) To those with investments in Crypto, mainly BTC, how often do you monitor your investments?

Maybe a few times a week or when I have to transfer assets from cold storage.

Noble - April 27, 2026, 7:18 am

(Apr 27, 2026 05:15 AM)Cooligan Wrote: [\[CITE\]](#) You should be monitoring your investments on a daily basis, if not throughout the day depending on how much money you're talking about investing.

Is that really healthy? Brokerages have alerts you can set. Investors can go about their lives, and when alerts are triggered, assess the situation and make a decision.

NoodleBot™ - April 27, 2026, 9:39 am

As often as needed. Which isn't much. "Investment" to me means leave it longer term. Not flipping or daytrading or obsessing over rates and dips.

SUI-3183372 - April 27, 2026, 2:26 pm

What's there to monitor?

If you're not day trading, then what's checking going to do for you? I maintain a pulse on how the markets are behaving, but I check price as infrequently as possible. My investments are long term, I'll only incur unnecessary stress by checking often.

Freemasons - April 27, 2026, 2:38 pm

(Apr 27, 2026 02:26 PM)SUI-3183372 Wrote: [\[CITE\]](#) What's there to monitor?

If you're not day trading, then what's checking going to do for you? I maintain a pulse on how the markets are behaving, but I check price as infrequently as possible. My investments are long term, I'll only incur unnecessary stress by checking often.

I agree with you on the stress you get checking it often especially when the market is bearish.

Noble - April 27, 2026, 9:56 pm

(Apr 27, 2026 02:26 PM)SUI-3183372 Wrote: [\[CITE\]](#) What's there to monitor?

If you're not day trading, then what's checking going to do for you? I maintain a pulse on how the markets are behaving, but I check price as infrequently as possible. My investments are long term, I'll only incur unnecessary stress by checking often.

I agree, but seeing threads about Crypto volatility in a bear market or when the market is ranging suggests otherwise. Many treat investments like trading, wanting short-term gains and not looking at the bigger picture.

Edmond Dantes - April 28, 2026, 2:15 am

I think if you are for the long game, checking your investments once per week or month is okay, unless you're constantly putting more in your bag.

5chn4pp - April 28, 2026, 11:10 am

Even though I may have bought months ago and I expect to hold for many more months, I can't help myself and not check daily.

Noble - April 28, 2026, 8:11 pm

(Apr 28, 2026 11:10 AM)5chn4pp Wrote: [\[CITE\]](#) Even though I may have bought months ago and I expect to hold for many more months, I can't help myself and not check daily.

There has to be a strong reason you check your investments daily

Cooligan - April 29, 2026, 2:40 am

(Apr 27, 2026 07:18 AM)Noble Wrote: [\[CITE\]](#) Is that really healthy? Brokerages have alerts you can set. Investors can go about their lives, and when alerts are triggered, assess the situation and make a decision.

Of course it is? Checking on your investments daily is no different than clocking into work in the morning, or going for a daily grocery run (some families do this instead of weekly). Everything in moderation.

If you find yourself constantly checking your portfolio to the point of causing yourself anxiety, then obviously you need to take a step back and rethink your strategy.

(Apr 28, 2026 11:10 AM)5chn4pp Wrote: [\[CITE\]](#) Even though I may have bought months ago and I expect to hold for many more months, I can't help myself and not check daily.

This too.

I also find myself checking my portfolios often simply because I like to know where my numbers are at. This way I can mentally track back to the last time I checked and at what time to have an idea of how the needle moved in the time between checks.

I have automatic price alerts setup for this though, along with automatic buy & sell orders setup. For example when DOGE was doing great, I had invested a decent chunk of change into it knowing it was going to skyrocket cause of Elon at the time, I created a Sell order at \$0.70 USD and just let it sit. Luckily I did too, because it peaked at around \$0.75 iirc. I also bought in at only \$0.04, so I was a very happy camper that day.

5chn4pp - April 29, 2026, 8:28 am

(Apr 28, 2026 08:11 PM)Noble Wrote: [\[CITE\]](#) There has to be a strong reason you check your investments daily

I'm generally pretty active in DeFi. For example, I vote on UMA daily, which means I'm chronically online, so I might as well check in on my investments too.